

Infrequent Breastfeeding as the Sole source of Nutrients
 (<2 months w/<8 feedings per day or ≥ 2 months w/ < 6 feedings per day)
 (AK 49-USDA 418)

Explain to Participant	You're enrolled in the WIC program today because you may not be nursing your baby often enough. Several problems may occur if a baby nurses infrequently. Your body won't make enough milk to satisfy your baby, if the baby doesn't nurse at least 6 –8 times per day. Your baby will not get enough nutrients or fluids. Your baby won't gain weight and she may become dangerously dehydrated.	
Goal	The goal is to help the mother to understand the “demand and supply” establish an effective and adequate breastfeeding behavior, assuring the infant's health and increasing breastfeeding duration.	
Suggestions for Reducing Risk	<p>The status of the infant should be carefully evaluated if infrequent breastfeeding is identified. If the infant has lost weight, has had very poor weight gain, or appears lethargic, refer this infant to a medical practitioner immediately. The mother should also be evaluated for mental and emotional competence to understand and perform appropriate feeding behaviors. If the infant appears to be at-risk, the mother/infant should not leave the WIC office without a specific, understood feeding plan and a follow-up appointment scheduled with WIC or medical staff.</p> <p>Follow the recommendations of the WIC counselor or lactation consultant. Breastfeed “on-demand”(usually 6 -12 times per day) or feed expressed mother's milk at least 6 – 8 times per day (depending upon the age of the infant).</p>	
Nutrition Education Material Suggested	<p>Explain the nutrition education material suggested.</p> <p><i>THE FIRST SIX WEEKS (Breastfeeding Basics); La Leche League Handout # 457; BREASTFEEDING (La Leche League)</i></p>	
Explain Applicable WIC Foods	WIC Foods	Nutrients Provided
	Iron Fortified Infant Formula	Calcium, Vitamins A & C, Protein, Iron
	Iron Fortified Infant Cereal	Iron
	WIC Juice	Vitamin C
Explain What the WIC Nutrients Can Do for You!	Calcium	Keeps bones healthy. Helps muscles work. Helps blood clot. Helps control blood pressure.
	Iron	Carries oxygen in your blood to your muscles. Prevents anemia. Prevents infection.
	Vitamin C	Helps your body heal. Helps fight infections. Helps your body use the iron in the foods you eat.
	Protein	Makes up part of every cell in your body. Builds and maintains muscles and other tissues.
	Vitamin A	Helps keep your skin healthy and smooth. Helps you see at night.
Materials with More Information	The Breastfeeding Answer Book	